

~ SIMPLE & COMFORTING

CHICKEN CURRY ~

from Meera Sodha's

"Made in India: Recipes from an Indian Family Kitchen"

ingredients:

- 2 TBS unsalted butter
- 1 TBS neutral oil (like canola)
- 1 tsp cumin seeds (or panch phoran)
- 2 cinnamon sticks
- 2 large onions, finely chopped
- 1 2 1/2 inch piece ginger, peeled and grated or minced
- 2 jalapeño peppers, stemmed, seeded, and ~~min~~ finely chopped
- 6 garlic cloves, peeled and crushed
- pinch of salt
- 1 cup puréed tomatoes
- 2 TBS tomato paste
- 1 1/2 tsp cumin
- 1/2 tsp turmeric
- 1 3/4 - 2 lbs skinless, boneless chicken breasts, cut into 1-inch pieces
- 1 tsp garam masala
- cayenne pepper, to taste

directions:

1. Melt the butter in the oil in a large dutch oven over medium heat. When hot and shimmering, add the cumin seeds (or panch puran) and cinamon sticks. COOK for a minute or two, stirring often, then add onions. COOK for about 15 minutes, until golden.
2. Meanwhile, mash garlic, ginger, and jalapeño into a paste in a mortar and pestle, with a pinch of salt (you can also do this w/ a knife, on a cutting board).
3. Add the paste to the onions, COOK for 2 minutes or so, then pour in the tomatoes and stir. Then add tom. paste, pureed cumin, turmeric, and another pinch of salt. (can also add a tsp of sugar for a little sweetness). Stir to combine.
4. Add the yogurt to the mixture, 1 TBS at a time, stirring in w/ a wooden spoon. Let it bubble and then add the chicken. Lower heat, put the lid on the dutch oven and allow the curry to cook gently

for 30 minutes, until chicken is cooked
through. Add garam masala and cayenne.

Serve with naan, basmati rice,
extra yogurt. Serves 4!